

Fifth Report

of *[cases treated]*

Dr. C. W. Benson's  
(C. W.)

Dermatological

and

Neurotic Institute

No. 521 N. HOWARD ST.,

BALTIMORE, MD.

*5., 1887-8.*



# PREFACE.

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In placing before my friends and the public this report of cases treated by myself in my specialties, I wish to say that my Institute has no Free or Charitable Department, but is wholly intended for private patients, or those able to pay a reasonable fee for treatment and medicines.

I have fitted up an elegant suite of parlors and a consultation room adjoining, containing every comfort and convenience for the pleasure and benefit of my patients, who come from every class of society, male and female, young and old, from all parts of the United States. My battery and operating room is entirely private, and I am thoroughly prepared in every particular to successfully treat skin diseases and diseases of the nervous system, having all the latest approved apparatus and appliances for the proper diagnosis of diseases and the application of the remedies.

No patients are quartered in the building at present, as patients suffering with chronic diseases are able to move about and visit the institute from day to day, as their cases may require, but I am prepared to take care of patients from a distance in the immediate neighborhood of my place, and persons desirous of coming here for treatment for either skin diseases or nervousness, by letting me know beforehand, can have a home in readiness for them, and sufferers from all over the country avail themselves of this opportunity, while many others stop at the hotels here while under my care. The most of cases, after a stay of a week or ten days, can return home, either cured or so greatly improved that they can continue treatment at home. I treat many cases quite successfully by correspondence throughout the country, and send the medicine by mail or express, but at least one personal examination is advisable in every case if it is possible. But when the patient



cannot come a minute description of the character and symptoms of the case, with the family doctor's opinion of what the disease is, will generally enable me to treat the case successfully.

The success and popularity of this Institute has increased from year to year, and 20 per cent. more cases were treated this year than last, and with perfect satisfaction ; not one case of dissatisfaction so far as I know.

I would ask the special attention of the reader to the table of cases treated and the article headed "A Word to Sufferers with Skin Diseases."

Letters of inquiry promptly answered and all correspondence strictly private. Office, 521 N. Howard Street.

## Specialists.

Specialists in Dermatology are attracting a great deal of attention in the medical world now, and some of the ablest men in the profession have adopted it, and the profession at large is losing its prejudice against specialists. The Dermatological Association of the United States met in our city last year, and before that body of intelligent physicians, composed of both foreign and American specialists, many very important papers were read and discussed and experience exchanged.

The specialist in medicine does not come in conflict with the family doctor, and does not wish to. His province is to cure the special disease for which you consult him, and he is done with you. It is a matter of fact that needs no argument to sustain it, that a man who confines his studies and practice to one disease or class of diseases must become more proficient and successful in curing them ; and one cure brings another, until his experience and practical knowledge leads him to diagnose a case at first glance that physicians in general practice would experiment upon and be uncertain about for weeks.



I am a graduate of the University of Maryland in the class of 1860, and have practiced medicine ever since in a general way for ten years, and for the last seventeen years I have confined myself to my specialties—diseases of the skin and nervous diseases. The fact that I live here and do business in my own house, and can always be found, is the best proof in the world of my success. This Institute is a monument to my professional success

BALTIMORE, September 15, 1860.

DR. C. W. BENSON is a graduate of the school of medicine of the University of Maryland. While a pupil of that institution he was distinguished for industry and zeal in the pursuit of professional knowledge, and his examination for the degree of Doctor of Medicine was entirely satisfactory to his instructors. I have known him for several years, and believe him to be a physician eminently prepared to be useful, and also of unexceptionable moral character. I take great pleasure in commending him to the esteem and confidence of the community.

SAMUEL CHEW, M. D.

Professor of Principles and Practice of Medicine in the University of Maryland.

## A Word to Sufferers with Skin Diseases.

I would try to impress upon the minds of those who may be troubled with any form of skin disease that in the first place all skin diseases are more or less obstinate and hard to cure, and that these diseases are not, as a rule, well understood by the general practitioner, but that it is necessary to place yourself under the care and treatment of a dermatologist, or one who makes these diseases a specialty, and then strictly follow out his course of treatment, making up your mind that it will take weeks, and in many cases months, to complete a cure.

Nearly all skin diseases are curable in the hands of a skilled dermatologist, and it is only those who make a specialty of these difficult cases that are successful. I have given many years to the study and treatment of skin diseases, and ought to be better prepared to treat them successfully, with my large experience, than one who sees a case only now and then. Years ago I was physician in charge of the Maryland Dispensary for the Treatment of Skin Diseases, and saw a large number of the most virulent and chronic forms of all kinds of skin and hair diseases among the poor of this city, besides a large and constantly growing practice has given me an advantage that nothing but practical experience could give, and has enabled me to make some very remarkable cures of cases that were pronounced incurable by many of our oldest and best physicians. Some of them you will find a detailed account of in this report. I also am supplied with all the modern appliances, instruments and apparatus to perform the operations necessary to a speedy cure, combining electricity in all its forms, which is a wonderful agent in the cure of skin diseases as well as nervous diseases.

Skin diseases should never be neglected and allowed to run on without treatment. Many cases could have been readily cured at first, but by neglect have given years of trouble and suffering.

Young people that have (Acne) red hard pimples and black heads are told to let them alone and they will get well of themselves after awhile. That is bad advice. That after awhile means, in most cases, from four to ten years. There is no occasion to suffer with this unsightly and mortifying trouble. They can be cured and ought to be cured. I cure hundreds of cases every year, and advise young people not to let them alone, but come and be cured. The expense is a trifle compared to the benefit received, and what is more mortifying than a pimply face or rough, muddy, splotchy complexion? Every lady or gentleman owes it to her or himself to have a clear, smooth and good skin and complexion. Nothing is more admired.

# REPORT OF CASES TREATED.

NAMES OF DISEASES.	No. of Cases.	Cured.	Otherwise and Under Treatment.
Alopecia, or loss of hair.....	160	145	{ 12 under treatment. 3 unknown.
Acne Rosacea .....	3480	3460	{ 16 under treatment. 4 unknown.
Acne Sebacea (Pimples). ....	3601	3570	{ 21 under treatment. 6 unknown. 4 removed.
Acne Syphilitica .....	143	137	{ 6 under treatment.
Acarus Scabiei (Itch) .....	263	261	{ 2 under treatment.
Arteries Enlarged.....	405	395	{ 8 under treatment. 2 removed.
Boils and Carbuncles.....	312	302	{ 7 under treatment. 3 unknown.
Burns and Marks of ... ..	299	290	{ 6 under treatment. 2 unknown. 1 died.
Cancers .....	51	39	{ 8 under treatment. 1 unknown. 3 died.
Crablice.....	40	40	
Dry Tetter.....	1805	1764	{ 30 under treatment. 7 unknown. 3 died of other diseases.
Ecchymoses, or bright red spots	198	187	{ 9 under treatment. 2 unknown.
Ecthyma (Crusted Tetter)...	1314	1287	{ 20 under treatment. 4 unknown. 3 removed before cured.
Eczema... ..	4120	3021	{ 86 under treatment. 6 unknown. 7 removed. 3 died of other diseases.
Elephantiasis.....	1	.....	Discharged (since died).
Encysted Tumors.....	271	207	Mostly removed by Elec- trolysis.
Erysipelas.....	1139	1130	{ 8 under treatment. 1 discharged uncured.
Freckles .....	6013	5901	{ 99 under treatment. 7 unknown. 6 removed and discon- tinued treatment.
Frostbite.....	168	159	{ 7 under treatment. 2 unknown.
Fungi.....	69	61	{ 4 under treatment. 3 unknown. 1 died.
Hair, Disease of .....	1374	1358	{ 11 under treatment. 5 unknown.

# REPORT OF CASES TREATED—Continued.

NAMES OF DISEASES.	No. of Cases.	Cured.	Otherwise and Under Treatment.
Herpes.....	146	139	7 under treatment.
Impetigo.....	58	44	10 under treatment.
Keloid.....	155	147	4 unknown.
Lepra.....	138	130	8 under treatment.
Lichen Pilaris.....	280	271	6 under treatment.
Lichen Ruber.....	139	128	2 unknown.
Liver Spots.....	1907	1816	7 under treatment.
Lupus.....	134	127	2 unknown.
Nævus.....	173	164	84 under treatment.
Nails, Ingrown.....	380	378	3 unknown.
Nettle Rash.....	1481	1468	4 died in other hands.
Pemphigus.....	140	137	5 under treatment.
Pityriasis.....	119	104	1 unknown.
Prurigo.....	168	159	1 removed and died.
Pruritus.....	286	271	6 under treatment.
Psoriasis.....	197	179	2 unknown.
Purpura.....	19	18	1 died of other diseases.
Ringworm.....	1408	1392	12 under treatment.
Rupia Syphilitica.....	1423	1404	8 under treatment.
Scalp Disease.....	1633	1618	5 unknown.
Scrofula.....	1472	1458	3 under treatment.
Superfluous Hairs.....	4116	4085	2 discharged not cured.
Syphilis.....	1326	1305	12 under treatment.
			3 unknown.
			1 discharged uncured.
			13 under treatment.
			5 unknown.
			1 died.
			14 under treatment.
			3 unknown.
			2 removed uncured.
			11 under treatment.
			3 unknown.
			1 discharged uncured.
			12 under treatment.
			1 unknown.
			1 died of complications.
			31 under treatment.
			17 under treatment.
			4 unknown.



## REPORT OF CASES TREATED—Continued.

NAMES OF DISEASES.	No. of Cases.	Cured.	Otherwise and Under Treatment.
Syphilodermata . . . . .	1277	1260	14 under treatment. 3 unknown.
Tetter.....	2407	2386	18 under treatment. 2 unknown.
Tumors . . . . .	291	291	1 discharged uncured. By the Electrolysis.
Ulcers.....	2015	2004	9 under treatment. 2 discharged uncured.
Warts . . . . .	13201	13170	27 under treatment. 4 unknown.
Wrinkles .. . . .	1283	1274	7 under treatment. 2 unknown.
Yellow Spots. . . . .	3991	3930	25 under treatment. 4 unknown. 2 quit treatment.

### Cases Treated by Electro Chemical Baths in 1887-88

Neuralgia, general.. . . .	1218	1209	9 under treatment.
Neuralgia of Face and Head.	127	124	3 under treatment.
Rheumatism.....	635	621	12 under treatment. 2 incurable.
Nervousness.....	1412	1392	17 under treatment. 3 unknown.
Nervous Dyspepsia . . . . .	827	816	9 under treatment. 2 unknown.
Paralysis.....	490	472	14 under treatment. 2 unknown. 2 incurable.
Malaria.....	1189	1173	12 under treatment. 4 unknown.
Sleeplessness.....	1113	1101	9 under treatment. 3 improved and discontinued.
Sciatica.....	163	157	5 under treatment. 1 incurable discharged improved.
Hysteria.....	122	112	5 under treatment. 5 improved and quit treatment
Lead Poisoning with Paralysis . . . . .	43	49	3 under treatment. 1 incurable but improved
Nervous Prostration . . . . .	175	162	10 under treatment. 3 unknown.
Nervous Exhaustion.....	159	151	6 under treatment. 2 unknown.
Nervous Weakness and Change of Life.....	287	280	5 under treatment. 1 unknown.
Nervous Weakness and Impotence.....	596	588	1 died of other diseases. 5 under treatment. 1 unknown. 2 incurable but improved

These cases and the results of my treatment as reported embrace all the cases, with a few exceptions, that have come under my care within the last seven years. The large proportion of cures are remarkable, and at once show that my system of treatment is successful beyond all others. These tables of cases are well worth a close study by all persons that are interested in Skin Diseases, and the treatment of the same by my new system. Those treated by the Electric Baths include only the last two years.

### **Eczema.**

Eczema attacks persons of all classes and ages, and is more generally to be found among all classes than any other form of skin disease. It presents many different phases and may widely differ in appearance on the surface, and requires an expert to diagnose it correctly. I have cases from all over the United States that come here for treatment, and the appearance of this disease varies from a patch as large as a pin's head on some parts of the body to the most horrible, unsightly and loathsome looking being, covered all over, or nearly so, with crusts, scales and red, inflamed, pimply surfaces, from which there oozes out a thin acrid fluid, and these places often crack open, are at times attended with an intolerable itching. At this time I have a number of cases of this kind from different sections of the country. I have one young lady patient here from Massachusetts suffering with this disease, but it is confined to a small spot on the face, and another from Virginia covered all over with it, illustrating the great difference in appearance and extent of eczema. But I have never met with a case that has not yielded to my treatment, sooner or later. Every case has to be treated according to its particular character and complications, therefore the treatment of eczema varies widely in the different cases. Some few cases can be cured by local treatment alone, but all chronic cases, and those

of any extent, can only be permanently cured and eradicated from the system by constitutional treatment, combined with topical applications. I would impress the minds of persons suffering with chronic eczema, or indeed any very chronic and obstinate form of skin disease, to be patient and faithful in following out the course of treatment prescribed for them in every particular, and not expect to be cured of a long standing disease in as many days as it will require weeks to accomplish the work, and it is all important to keep up the treatment until the doctor considers the case cured. The treatment that is proper and effectual in one stage of the disease is not the correct treatment in another stage of the same case, therefore the importance of consulting the doctor at regular intervals and giving him a chance to make such changes in your treatment as your case may require. My long and large experience in treating skin diseases leads me to advise the patient in the beginning the best course to pursue, and not to listen to anything that outside friends or persons may advise or recommend. It invariably yields to proper treatment, but it requires time and a great deal of attention and a very faithful, persevering use of the remedies. I can cure any case if my advice and treatment are strictly adhered to. It is simply a matter of time and good treatment.

### **Brown Spots (Chloasma.)**

These irregular brown yellow spots that are often seen on the face, forehead, neck and arms are very disagreeable in appearance, to ladies especially. This disease spoils the complexion of some of the most beautiful women in the world and is always a source of mortification to any one, and never should be allowed to continue, especially on the face of any lady, when it can be so successfully removed. The common error that this condition of the skin is the result of a diseased

liver or some other distant organ, should be expelled. It is a local trouble, and is rarely complicated with any other disease. Hundreds of ladies are now worrying and fretting about this sort of blemish, and trying all manner of things to no effect—taking sarsaparilla and blood purifier, &c. Now that is not the way to be cured. There is but one course of treatment that will cure it, and that means never fails if used as directed and my advice followed. There is nothing about which ladies should be more careful and attentive than their skin, complexion and hair, and they should be very particular about what they put on their faces and heads. Beauty is only skin deep, and therefore should be jealously guarded from all danger and never neglected. It is always best, when there is anything wrong with the skin or the hair, to go to the best authority or doctor on that subject; not your family doctor, but your dermatologist, one who gives all his time to these diseases and who has the time to give to it. But the doctor in general practice cannot spend an hour over you, for he has to spend more than half of his time in going from one to another, but my patients all come to me and my time is all spent on them. Dermatology is a new thing in this city, and the people have not been educated up to it yet, but many of them have their dermatologist, the same as they have their doctor, lawyer or dentist, and soon all will realize the importance of it. I do not in any way undervalue the family doctor, and do not want to.

## Warts and Moles

are ugly, repulsive looking blemishes, especially if situated on or about the face and hands, and ought to be removed. The operation is not painful, and leaves no mark or any bad effects, but the application of caustics and acids are dangerous, and should never be resorted to in any case. I remove them by electricity. In the first place, I would like to remove from



the minds of my readers and patients the very general error that is entertained by so many persons that there is danger in removing these excrescences from the face or skin; that it may be followed by some malignant disease or leave a mark or something of this kind, and many are deterred from having them removed on that account. There is not the slightest danger of anything of the kind. I have been operating on such cases and removing them for years, and have yet to meet with the first case in which the operation was not successful or where any unpleasant symptoms followed.

To whom but the dermatologist should you go to learn all these facts, and you may be assured that if he understands his business he will not touch a case in which there is the least danger of an unsuccessful result. His reputation is at stake and he cannot afford to endanger it, and he, of all others, is most competent to advise you. I am constantly removing warts, moles and growth from the skin by the Electrolysis, which is attended with no pain and not a drop of blood. I never use the knife. There is no occasion for it in removing these blemishes. Electricity is a most potent agent in the hands of a specialist.

### Mother Marks

have been considered beyond the skill of medical or surgical treatment, but modern inventions and the use of the Electrolysis has put it within the reach of skilled dermatologists to entirely remove this freak of nature forever. When the mark is small and of a port wine color it is only the work of a few weeks faithful treatment to remove it, and in children the sooner it is removed the better, for it grows and extends as they grow, and becomes thicker and often raises above the surrounding skin, therefore it is always advisable to remove it early in infancy. In cases where it covers a large extent of

the surface and the eyelids it is a more tedious and expensive operation, and often requires months to entirely remove it by the Electrolysis, and that is the only mode of treatment, and so far in my hands has been perfectly successful.

There is a superstitious idea prevailing that it is not right to remove or interfere with these marks. There is no more reason why they should not be removed than tumors, warts, or even cutting off the hair or nails. They are unnatural growths, and mar and disfigure the person, and should by all means be removed.

I am prepared to perform these operations at all times.

## A Rare Case of Affliction.

A REMARKABLE ACHIEVEMENT OF MEDICAL SKILL.

[From the Baltimore American.]

Mr. J. Hook Richards, an old and respected business man, who for many years carried on the plumbing and stove business corner Pearl and Baltimore streets, was attacked with a very singular disease over fourteen years ago, and the following statement was gathered from him by a reporter :

“Mr. Richards, I have heard of your great suffering and have called to know if you would give me some account of your case and what has cured you.”

“Yes, sir ; I will with pleasure. I am so happy and grateful for my wonderful cure and exemption from suffering that I sometimes think I am not the same man. Indeed, I am not the same man I was a year ago—why, no sir. All is changed. From the most tormenting, itching, burning, restless, nervous wretchedness—from a loathsome, offensive, dripping outcast, unfit to eat, sleep or live with other people—to a well man. Now look ; my skin is sound, smooth, fair, dry and clean, and I am a cured man of a loathsome disease. I cannot tell you from what depth of suffering and wretchedness I have been lifted. Many and many a day death would have been a wel-

come visitor. Yes, I suffered ten deaths in a single day, and prayed hourly for the end to come. I could neither sit down, stand up, lie down, or remain in any one position three minutes at a time. No language can describe my suffering."

"What was your disease called, and who and what cured you?"

"My disease was eczema in its worst form, and so pronounced by Professor N. R. Smith, who had charge of my case for over one year, more than ten years ago. Also Professor Johnson, Drs. M. Hammond and many other prominent physicians that have attended me, all agree that it was eczema, and my case was finally considered incurable, and I believed it was so, for all that had been done for me in fourteen years under the advice of the best doctors in the city and State had failed entirely to even give me relief. I grew worse and worse, until I had to quit business. Why, sir, many days I had to go into a room and strip, and rub and scratch for two or three hours at a time, and repeat this two or three times in the twenty-four hours, until my body was covered with sores and dripping with a burning, acrid fluid. Oh, sir, I was like a madman at times, and life had become a burden to me and I a burden to my friends, and while in this dreadful state Mr. John R. Cox told me he had seen Dr. C. W. Benson, who made a specialty of skin diseases, and that he had agreed to take hold of my case, provided I would follow his directions to the letter. I laughed and thanked my friend Cox, but said: Dr. Benson or no other doctor can cure me. I don't care to try or take any more medicine. I have no faith in anything helping me now. But I finally yielded to the pressure and called on Dr. Benson at his office, 521 North Howard Street, and had a consultation with him. His very looks and manners inspired me with confidence, and after very thoroughly examining me and getting the history of my case, he pronounced it the worst case of eczema he had ever seen. My whole body was covered and

my feet and legs swollen to double their natural size and dripping with a thin, burning, watery fluid that compelled me to keep them wrapped in linen cloths. After seeing me the second time Dr. Benson said: 'I will undertake your case on these conditions only, that you follow my directions to the very letter in every particular, and if I don't cure you it will be the first case I have ever failed in curing. I believe, Mr. Richards I can cure you, and let us go to work in earnest.' That was last March, and I have steadily improved until there is not a spot or sign of the disease remaining; and, sir, I cannot say enough in praise of Dr. Benson and his skill, and I never, never can repay him for his services and kindness, but I want every sufferer in this world from skin diseases to know what he has done for me and what I believe he can do for them."

May I publish this statement?

"Yes sir, every word of it, and refer to

**J. HOOK RICHARDS,**

222 N. Carrollton Avenue."

## **Baltimore Enterprise.**

[From the Baltimore Advocate.]

The most complete establishment for the treatment of skin diseases and diseases of the nervous system in the United States is located in Baltimore, and thousands of people suffering from these very diseases are not aware that there is such a place in the city, where they can go and secure special treatment and a speedy cure at the hands of an eminent physician, who has for many years devoted his time to the study and treatment of these diseases. We refer to Dr. C. W. Benson and his magnificent establishment, located at No. 521 North Howard Street, opposite the Academy of Music. The building is a gem of beauty both outside and inside, with all the modern



conveniences and appliances especially arranged for the comfort and treatment of his patients, who somehow or other have found him out, and crowded his offices, waiting their turn to see the doctor.

He has also every apparatus and appliances right at hand for skillfully executing all the necessary operations and applying the remedies. His magnificent Universal battery enables him to apply either the electric, magnetic, continuous or interrupted galvanic current, or the Faradaic current and the cautery battery. His well trained hand removes warts, marks, hairs and other blemishes of the skin like magic. He has a laboratory right at hand, where all medicines are prepared just to suit each case and to his own notion. So with all these advantages it is no wonder that he is successful. Practice makes perfect.

There are to-day a great many sufferers in this city from nervous weakness, prostration, neuralgia and other forms of nervous troubles that would gladly avail themselves of his treatment if they only knew it. The facts ought to be made known generally for the benefit of all; and as for skin diseases I believe he can cure every form of them and make the complexion clean and good, where it was thick, blotched and rough.

Late DR. J. T. KING, 29 Denmead Street.

## **Electro Chemical Baths.**

This is a new and wonderful system of treatment for the prompt and permanent cure of rheumatism, nervous diseases, malaria and skin diseases

I have purchased of the late Dr. S. H. Henry, of this city, his celebrated Verne Battery, by which Chronic Diseases are reached directly through the surface with wonderful rapidity. The patient not only receives the benefit of the electricity, but at the same time, and imperceptibly, the remedies are absorbed

by the skin, and reach both the Nervous System and the Blood more directly than by the stomach. It is simple and pleasant and is followed by immediate results.

**RHEUMATISM**—It gives immediate relief, and a few baths permanently cures the worst cases. The poisonous excretions are eradicated from the system and left in the bath-tub, while the medicine flows in through the pores and acts with great promptness. Even in cases where the limbs are drawn and useless this mode of treatment will fully restore them.

**NEURALGIA**, whether chronic or acute, yields almost immediately to this treatment.

**SCIATICA**.—It is the most effective treatment for Sciatica yet known. I have cured cases after years of suffering, and considered hopeless. No sufferer from this disease should feel that they had done themselves justice until they had given these baths a trial.

**PARALYSIS AND THOSE THREATENED WITH IT**.—If there is one treatment that has gained a reputation over all others for paralysis, it is this. One moment's thought will convince any one that it is the most direct and rational means of reaching the disease, and in preventing its occurrence in cases where it is feared from symptoms already existing. Come and investigate it.

**NERVOUSNESS, Nervous Weakness, Nervous Exhaustion, Nervous Prostration**—in these diseases the **ELECTRO CHEMICAL BATHS** act like a charm and the relief is prompt and wonderful to the overworked and prostrated nervous system. Different remedies of course are used in the baths in these different forms of nervous trouble.

**NERVOUSNESS** attending the change of life with women finds in this treatment the most effectual relief ever discovered or practiced. Dr. Verne, of New York, to whom physicans sent their patients for these baths, says, that in painful and suppressed periods and in diseases attendant upon the change

of life, these baths surpassed his most sanguine expectations.

**MALARIA**—The worst case of Malaria can be cured in a few days. I do not care how chronic or obstinate the case may be, the malarial poison is all drawn out of the body by the treatment and the remedies put into the water are absorbed by the skin, and the effect is immediate and permanent, and the relief afforded is beyond all description.

**SKIN DISEASES.**—There is no use in my taking up your time to describe the effect of these baths in Skin Diseases, especially those that are widely spread over the body. At a glance you see that the remedies are brought directly in contact with the diseased parts, and every remedy that can be used by the mouth or as a lotion can be used in these baths, and by the gentle and almost imperceptible effects of the electric current, they are pressed into and throughout the system; while at the same time the poisonous excretions and effete matter are extracted from the whole surface and left in the water. The baths are pleasant, attended with no shock and are very strengthening. The rooms are private and comfortable, with independent dressing rooms adjoining the ladies' baths and a woman always in attendance. For further information call at the office, 521 N. Howard street, opposite the Academy of Music.

## Nervous Diseases.

Nervous diseases have long been neglected by the profession; that is, they have not been studied and taught in our medical schools here, and therefore are not understood. The results are that you are told by your physician that there is nothing the matter with you but nervousness, and that will soon come all right, or make light of it. But you know that nervousness is enough to be the matter with any one. Nervous diseases are real diseases, and require treatment as much,

if not more, than many other diseases, for they strike at vital parts and cause more human misery and suffering than all others put together. Nervousness, or derangement of the nervous system, is the beginning of more human trouble and is more widespread in its effects than any other source of human affliction. All forms of insanity arise just here ; all despondency, fearful forebodings and suicides have the same beginnings. Lassitude, irritability, prostration, paralysis and apoplexy are all the results of nervous diseases and so much of human happiness depends upon a healthy and natural state of the nervous system that everybody should jealously guard against any and every nervous symptom and at once call upon a specialist in this most important class of diseases. A little help and good advice may ward off a disease that would be lifelong in its effect, if let alone until it gets a firm hold. I wish I could impress upon the mind of my reader the great danger of neglecting the first nervous symptom and the importance of going to a specialist in such cases. He has the time, the means, the knowledge and experience that your case needs. I have studied these diseases and treated them for years, and I have no hesitancy in saying that there is no occasion for any one to be wretched and suffer with any form of nervousness that is not organic. They are diseases that are easily cured by a physician who understands them, and no one can understand them unless he studies them specially and gives a great deal of time to them.

Making a specialty of these diseases, and having a large practice and experience, I ought to be more successful than doctors who practice in a general way. I am always prepared to use electricity in any form to any part of the body. Ladies' dressing room adjoining the operating room and a woman in attendance.



## Nervous Irritability.

Nervous irritability is usually the result of over-worked, and especially over worry and a constant drain upon the nervous centres. There are many ways of over-draining the nervous fluid. Too constant brain work, and, indeed too much physical labor are both likely to use up nerve force and matter faster than it is usually produced. Indigestion is a very fruitful source of nervous irritability. It not only produces it, but keeps it up by a failure to give the nervous system the material that it needs to manufacture nerve matter; but even when there is an abundance of nerve force and matter irritability may exist, and often does, because the nerve matter is operated upon by some external or extraneous cause that materially changes its character and functions, as great mental anxiety, unusual business worry, fear and foreboding of evil, a constant dread of something to happen. All these are causes of nervous irritability, which differs in many respects from nervous prostration. But there is no occasion for any one to continue to suffer from nervous irritability. It is perfectly curable, and only needs proper medical and hygienic treatment to entirely and wholly restore the nervous system to its normal condition. I cure cases who even forget that they ever were nervous, and wonder how they felt then.

## Nervous Prostration.

There is a very great difference between nervous prostration and nervous irritability, and each condition requires very different treatment. In one case you have a weak, exhausted nervous state that needs arousing and nourishment. Indigestion is more largely felt in nervous prostration than in nervous irritability, for there is want of nerve matter and nerve force which can only be created by the process of digestion, for a certain portion of what we eat is gathered up by the lacteals

and converted into nerve matter and carried and appropriated to the nervous system through the medium of the blood, and if the digestion is poor the nerve fluid will correspondingly suffer, and it is the doctor's place to be able to tell the difference between a case of nervous irritability and nervous prostration and to know what to supply to the general system in order that the nervous system may be properly and promptly nourished. So you see the great importance of the doctor being thoroughly posted on the anatomy and physiology of the nervous system and its condition in health, and to be able to diagnosis correctly its diseases, in order to supply the means of cure.

Electricity is a wonderful agent in the treatment of nervous prostration. It arouses the heavy, sluggish state of the nerve fluid and starts the current into active motion, and by this treatment on the one hand and nutrition on the other the patient suffering from nervous prostration soon finds him or herself in a new life. Doctors generally apply what they call soothing treatment and narcotics, bromide of potassa and choral and stupifying drugs, instead of the treatment above indicated, but only specialists are able to successfully treat nervous diseases. Electricity should never be used in nervous irritability; it being a nerve irritant and excitor, only adds to the trouble already existing, and the patient says electricity does not agree with me. It is the doctor's place to know that, and never use it in such cases; therefore the importance of the doctor knowing how to treat each individual case.

## Nervous Exhaustion

differs in many particulars from either nervous prostration or irritability, and requires different treatment in some particulars from either of those forms of disease. This state of the nervous system has been brought about by some unnatural drain

upon the nerve fluid or a great overtaxing of the nervous centres, and it results in great nervous weakness, despondency and a long train of evil effects, and finally in paralysis and death, if the patient is not properly treated and cured, which can be done in almost every case, if taken in time. I have seen some frightful cases of nervous exhaustion, the result of imprudence and reckless overtaxing of the nerve forces, bordering on insanity, promptly relieved by a combination of the treatment for nerve irritability and nerve prostration, with the addition of careful hygienic means and the abandonment of all imprudence and overtaxation. I have had the pleasure and great satisfaction of saving a number of persons from the insane asylum and suicide's grave, and placing them once more in the ranks of society free of all disease, by a careful course of treatment. I take great pleasure in the practice of my specialties, because I am constantly receiving such high encomiums from hearts filled with gratitude for what I have done for them, and I wish I could gain the confidence of all sufferers from nervous diseases of every kind sufficiently to induce them to come and have an interview with me about their cases.

## Paralysis

is the loss of nervous sensation and power, from the slightest traces, to a total loss of both sensation and all power to move a muscle, and is sometimes immediately fatal, but in most cases it is only partial; as loss of one side, or a part of one side or the lower extremities only, or the upper only, and in other cases again only a certain set of nerves are affected, and consequently only a certain set of muscles are paralyzed; sometimes only the face and tongue. In case of partial paralysis, the disease and its effects can be entirely removed, and the

patient fully restored by the proper treatment, and it is very important that it should not be neglected, but attended to promptly and carefully in order to not only cure the patient, but to prevent another attack. The early symptoms of paralysis should be carefully watched, and the best medical skill consulted without delay. A feeling of numbness and a slight loss of sensation or motion, with a pricking and tingling feeling in and under the skin, with some difficulty of controlling the muscles, are premonitory symptoms that should be listened to. All persons of middle age and over should be extremely careful to guard against everything that has a tendency to irritate and break down the nervous system, and on the other hand should use proper means to build up and support and strengthen the nerve force and fluids in order to prevent Paralysis, Apoplexy and sudden death. People should not wait until they are in danger of Paralysis, and the symptoms are upon them before they go to get professional aid, but should remember that they have nervous systems to take care of, and that "an ounce of prevention is better than a pound of cure." Very many of our greatest and best business men who are now in their graves could have been spared to us for years yet, had they observed this simple advice, and placed themselves under the care of a specialist in nervous diseases and received the advice and treatment that would have prevented the fatal stroke that took them off.

One attack always predisposes to another, and anyone that has suffered the slightest trace of paralysis should lose no time in putting themselves under the care of the best medical treatment, in order to prevent another shock, which is always heavier than the first, and the third is generally fatal. I have treated cases of both slight and severe paralytic shocks, that never had a return and some have died of other diseases years after, while others are now living fully restored. There is no



class of nervous diseases more susceptible to treatment than the above. I treat Paralysis with great success by Nutrition and Electricity, and some wonderful cures have been effected by this treatment in my hands. No case should be looked upon as hopeless unless there is some organic lesion.

### **Dyspepsia or Indigestion.**

Dyspepsia or indigestion is almost invariably connected with nervousness, and must be treated in connection with these diseases. Dyspepsia is not hard to cure if the patient is careful in faithfully following my treatment and advice. First, I test the secretion of the stomach and find out what kind of dyspepsia my patient has—whether alkaline or acid, whether fermentive or wholly inactive—and then the treatment is plain and simple. While I do not make a specialty of dyspepsia or indigestion, I am constantly treating it in connection with other diseases, for it seldom exists alone.

### **Superfluous Hairs.**

This is a subject that touches the sensitive nature or tender side of many ladies, and I will refrain from any description of it, as all who are afflicted in that way know all they want to about the appearance of it, but I will tell you how to get rid of them. It has always been considered a blemish for which there was no permanent remedy, but science has recently proved equal to this great and growing demand, and it is a fact settled beyond all question that the Electrolysis or Electric Needle process, in the hands of a skillful operator, will permanently and forever remove them. The electricity kills the hair follicles, and the germ being once destroyed, it is impossible for the hairs to be reproduced, therefore it is a permanent remedy, and one that leaves no bad effects or the slightest mark, if it is skillfully performed, although I have seen two

cases that were marked badly. They both came to me from a traveling empiric who had taken up the business without any knowledge of the skin or its complicated and delicate nature. I successfully removed the hairs from them both that he failed to take out and the marks and scars from one, but the other was marked for life. It is the cheapest in the long run, as well as the safest and most pleasant, to go to a first-class man in this specialty at once. Don't take cheapness into consideration when your face, skin, complexion and beauty are at stake. Pulling hairs out by the roots, you all know that have tried it, is not only painful, but wholly unsuccessful; and that is not the worst, it has a tendency to cultivate the hair germs surrounding those plucked out, and to stimulate a more active growth, and in a few years at most from pulling out a few hairs you find your face covered with them. Pulling out only adds to your trouble, cutting off makes them grow stiffer and stronger, using any and every local preparation I have ever heard of has the same bad effects, and in some cases has multiplied the hairs very rapidly. I naturally have a large experience on this subject, seeing so many patients who have been afflicted in this way, and many of them for years, and they everyone have used all the remedies and means that they ever heard of, and of course tell me what they have done and the effects. My experience gathered in this way is that ladies universally regret that they have ever used any means, or especially any application for removing them. The operation of removing them by the ELECTROLYSIS has grown to be a very important part of my professional work, and my daily experience is that it not only successfully removes the hairs, but in many cases benefits the patients greatly in other ways. One bad case of insomnia was perfectly cured, two cases of chronic sore throat were entirely relieved, and a number of cases of headache and

neuralgia and general weakness have been cured while operating for the purpose of removing superfluous hairs. I perform the operation every day, and always with success, which I guarantee in every case. I live here and do business in my own house, and am responsible for what I do. My rooms are entirely private, my Battery and Electrolysis are the latest improvements, and do their work in less than half the time required by the old style, and with pleasure rather than pain to the patient. Ladies desirous of seeing me on this subject, will please call and make engagements for sittings. No charge for an interview on this subject.

DR. C. W. BENSON.

### Scalp and Hair Diseases.

The scalp is subject to many forms of diseases. The subcutaneous glands may be inactive and congested, and instead of throwing off their secretions in a fluid state they will remain, forming a substance which is followed by a dry, husky dandruff, and sometimes a thick, packed, scaly substance covers the scalp, attended by the falling of the hair. The hair follicles also may become the seat of disease, and a glairy, sticky fluid mat the hair and crack the skin in little fissures. Any disease of the scalp proper will endanger the hair, both as to color and loss of it.

These diseases yield very readily to treatment, and if attended to in time the restoration is perfect. Whenever the hair follicles exist I can restore the hair, no matter if the scalp is as clean of hair as the palm of my hand. A good head of hair is a crowning feature of beauty, and worthy of the most careful attention.

## Testimonials on Skin Diseases.

### PENSION OFFICE.

WASHINGTON, D. C , October 17th, 1886.

DR. BENSON, *Baltimore, Md.*

You will perhaps remember my writing to you during December last about my wife, who was then suffering terribly from eczema. You kindly forwarded me some testimonials of persons who had been very much benefited. My wife was first attacked with the disease on Christmas day. The disease first appeared upon the wrist, spreading up to the elbow, attacked her ears and cheek. She was one of the most pitiable objects I ever saw. On her fingers were large pustules, filled with yellow matter, and her arms were in like condition. She had to carry her arms on a pillow. Thus she suffered for two months, until she went regularly under your treatment. After three months' continuous use of your remedies and strictly following your advice, she was entirely cured of the disease, and there has been no return of the disease.

Thanks to you, I believe she is permanently cured. Any number of people who have seen her case are willing to furnish testimonials as to the severity of the case and the results of your treatment.

I have hurriedly written you these facts. Take them, and if their publication will benefit any one, well and good.

WILLIAM HATTON, U. S Pension Bureau.

DR. C. W. BENSON cured me of a disease of the skin called "Eczema," after all other doctors and remedies that I tried had entirely failed to give me the least relief. My suffering was beyond my power to describe; nearly my whole body was covered with the disease, and the burning and itching was unbearable at times. I believe honestly I would rather die

than again go through what I did with that disease. I put myself under the treatment of DR BENSON, of 521 North Howard street, and he has made a perfect cure of me, and I am so overjoyed and grateful to him that I cannot say enough in praise of his skill and success in treating skin diseases. I believe from what he has done for me—from what I have seen and heard at his office—that he can cure any case of skin disease, no matter how bad or long-standing for few, if any, cases could be worse than mine.

\*Will be pleased to answer any questions if called upon at my home, 1000 Light street, Baltimore, Md.

GEORGE AARON.

STEUBENVILLE, O., July 2d, 1887.

DR. C. W. BENSON:

*Dear Sir*—For more than ten years I have been troubled with a disagreeable tetter on my hands. I consulted a number of able physicians and spent hundreds of dollars, but received no permanent relief until about eighteen months ago I consulted with you and put myself under your treatment. Before I had taken all the medicine you had sent me I was cured, and now for more than a year I have not had a sign of it. I consider myself permanently cured, and give you the credit. A sense of simple justice to you and a desire to benefit others is my only apology for writing you this note.

Very truly yours,

FRANCIS A. BROWN,

Pastor First M P. Church, Steubenville, O.

NYACK, N. Y., February 25th, 1885.

DR. C. W. BENSON:

*Dear Sir*—When I first went under your treatment I had an ulcer on my leg that had been there for years, and all that could do failed to heal it. I consulted some of the city doc-



tors and many of our country physicians, but all alike were unsuccessful.

Now I write to say that my leg is well and entirely healed, thanks to you. I wish everybody that suffers with skin diseases knew of you. I never paid a medical bill so freely in my life as yours. You can use my name if you desire.

Yours, truly and sincerely,

WM. V. MCKIRNAN.

SELMA, N. C., JULY 3d, 1887.

DR. C. W. BENSON:

*Dear Sir*—It has now been eighteen months since I first went under your care and treatment for a most wonderful skin disease, that has covered my whole body with pimples and spots and dry scales at times and red crackling sores at other times. I have had it for over twenty years and have spent thousands of dollars for doctors and medicines, but the disease gradually grew worse until I despaired of ever being cured; but while on a visit to your city eighteen months ago I was recommended to try you, as you made specialty of skin diseases, and I did, as you remember.

You told me my case was a bad one, but curable, and that you would cure me. I then put myself under your treatment and took a large lot of your medicine with me, which has, thanks to you, cured me effectually, and now after twelve month's time since I stopped taking medicine and there is no return of the disease, I feel safe in saying that I am permanently cured.

The old saying holds good that a good article is always cheapest in the end. I thought your charge high at first, but now I see that it was the cheapest medical fee I ever paid, for you cured me, and all other fees were paid for nothing.

Specialists are the men who succeed. You have my thanks and good wishes now and forever.

Yours most truly,

A. M. NOBLE.

PAILADELPHIA, January 27, 1886.

MR. C. N. CRITTENTON:

*Dear Sir*—I write to know something of Dr. C. W. BENSON, of Baltimore, Md., as a dermatologist. I have heard of a remarkable cure effected by him on Hon. J. T. Birds, Vice Chancellor of New Jersey, residence 56 Clinton avenue, Trenton, N. J.; also several other cases where he has effected cures in troublesome skin diseases. You know him well and his ability. Respectfully yours, WM. T. TOTTON.

NEW YORK, January 30th, 1884.

MR. WM. T. TOTTON:

*Dear Sir*—DR. C. W. BENSON, of Baltimore, is all that he is represented to be. I know him well and he is worthy of the confidence and patronage of any people, and his success in curing skin diseases is perfectly wonderful.

Yours very truly, C. N. CRITTENTON.

### Tetter or Eczema.

*Dear Sir*—I take pleasure in stating that after suffering for five years with Tetter in my hands and other parts of my body in its worst form, that Dr. C. W. Benson has entirely cured me. Before I applied to him I had been treated for it by a number of the most prominent physicians in Baltimore, but they failed to cure me, and learning that Dr. Benson made a specialty of skin diseases, I called upon him at his office, No. 106 N. Eutaw street, but at that time I was so bad that he gave me but little encouragement, especially after naming the physicians I had been to; but finally he undertook my case, which has resulted in a complete cure. I think that everybody who suffers from skin diseases ought to know these facts, so they may be cured, for surely no case could be worse than mine. For further information call at my residence, on Charles street, near Boundary avenue.

(Late) JOHN TATHAM.

NEWSOMS, VA., March 4, 1886.

DR. C. W. BENSON:

*Dear Sir*—I have a daughter who had her hands poisoned with something five years ago, and I had three doctors prescribe for her, but neither of them cured her. Last summer I put her under your care and treatment, and now her hands are entirely cured.

I write to let you know how well we are pleased with your treatment, and we will be glad to send our friends to you.

Respectfully,

JAMES J. DARDEN.

OGDENSBURG, N. Y., December 25th, 1884.

DR. C. W. BENSON:

*Dear Sir*—I feel it my duty to let you know that your treatment has cured my child of a sore head, which was covered with scalds that extended into his eyes and totally destroyed all his hair. It began when he was six months old, and although I had the best doctors in Ogdensburg, Hamilton and Depeyster attending him for at least two years, he continued to grow worse, until I put him under your care and treatment, and you have cured him in less than three months. His hair is growing in finely again. My joy knows no bounds, I am so grateful to you. Yours, &c., MRS. H. MORRIS.

OGDENSBURG, N Y, January 6th, 1885.

DR. C. W. BENSON:

*Dear Sir*—Mrs. Morris is well known in this county. I prepared the most of your prescriptions for her, and she is fairly bubbling over with gratitude to you.

Yours,

C. J. HAYNES, Druggist.

## Testimonials on Nervous Diseases.

BALTIMORE, September 19th, 1883.  
207 Greenmount Avenue.

DR. C. W. BENSON:

*Dear Sir*—Having suffered six months almost constantly with violent attacks of Neuralgia—so severe as to produce premature baldness. I was advised to consult you, and did so—and before I had used half the medicine you prescribed I was relieved, and by the time it was all used up I was completely cured, and my hair came to its natural growth again, and although four years have passed, I have had no return of this dreadful disease. Respectfully, WM. P. FOSTER.

JEWETT, N. Y., December 14th, 1883.

DR. C. W. BENSON:

*Dear Sir*—After suffering with Sick Headache and Neuralgia for twelve months, I can now say that I am entirely cured by your treatment. Your advice was carefully adhered to, and your medicine acted like a charm on me. You certainly know how to cure nervous diseases

EUGENE KURAN.

EAST DOUGLAS, MASS., October 18th, 1883.

DR. BENSON:

*Dear Sir*—My husband was afflicted with Sick Headache for twenty years, sometimes having it many weeks in succession, and unfitting him for business. Your treatment, I am so happy to say, has cured him, as he has had no return of it for two years. I can give the best of reference to prove my statement. You may use his name for the public, if you think best.

MRS. CHARLES A. HUNT.

## References.

I have suffered with Nervous Exhaustion and loss of mental and physical power, and with Nervous Weakness and Despondency, and have been entirely and permanently cured by the treatment of DR. C. W. BENSON, and I take great pleasure in signing the above certificate, with the full understanding that my name is not to be used for publication but as a reference.

Signed by Seventy Patients as they were cured  
from time to time.

Many persons, and indeed the very best class of patients, object to giving certificates for publication or allow their names to be used in that way, and very properly I think, but are perfectly willing to be used as a reference, and the above certificate, signed by seventy (70) patients, speaks for itself, and can be seen at my office.

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## OFFICE HOURS:

From 9 A. M. to 5 P. M., daily (except Sunday), and  
every Monday Night from 7 to 9 o'clock.





